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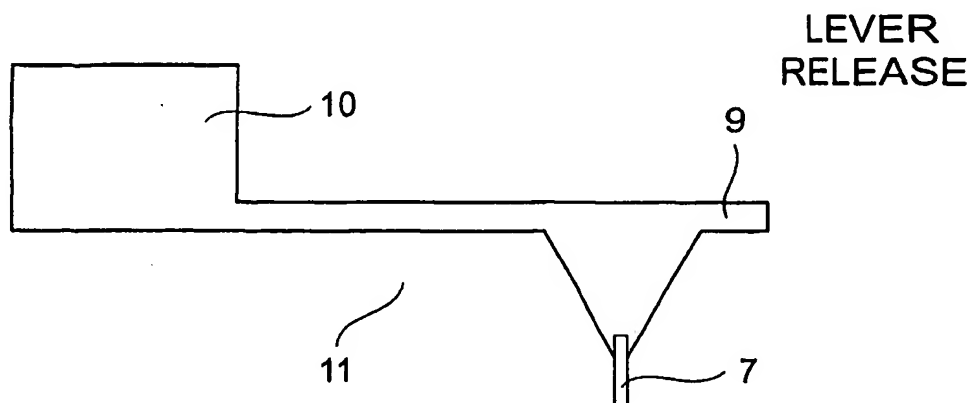
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(57) Abstract: A method for forming a microstructures is described. The method comprises: depositing a seed material on a sub-  
strate; growing a nanotube from the seed material; depositing microstructure material on the substrate to embed the nanotube in the  
microstructure material; and, detaching the substrate to release the microstructure. The resulting microstructure comprises a body  
portion and a nanotube embedded in the body portion.

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